

Family & Friends Newsletter



The Family & Friends Newsletter links family, students, and college community. It will also address any questions or concerns you might have throughout the school year. It will contain but is not limited to the following subjects: calendar of events, security issues regarding new housing, counseling issues for parents and students, and information from offices on campus regarding student concerns. The newsletter goes out twice a semester to assure your questions and/or comments are answered and acknowledged. Please take advantage of these feedback opportunities by contacting us through email, surveys, or telephone.

-The Office of Student Life
(208)792-2211
oslws@lcsc.edu

LC Has New Residence Halls

Residence Halls

Lewis-Clark State College is proud to announce the opening of two new residence halls for fall 2006. The halls were constructed by two separate private developers.

Clearwater Hall, built by ConoverBond in Spokane, Washington, is located on the corner of 5th Street and Main Street in downtown Lewiston and is within an easy walk to campus. College Place, built by A&A Construction & Development of Spokane is located across 4th Street from the Williams Conference Center.

Both new buildings provide suite-style living which include a living space, kitchenette, 4 one-person bedrooms and a shared bathroom. Each bedroom has internet hookups and the main suite offers TV cable and local telephone. Both buildings have a laundry facility onsite and Clearwater offers a study room. Clearwater Hall provides housing for 117 residents and College Place provides 88 beds. Both new facilities house three Resident Assistants and Clearwater Hall also houses one Resident Director.

Parking

Clearwater Hall does not have a parking lot, although there are two municipal parking lots in which students can park for free. The Tribune also offered the residents of Clearwater 27 parking spaces, for a fee, diagonally across the street from the hall. College Place does have a parking lot. Unfortunately, Lewis-Clark State College administrators were not involved in selecting the building sites or in parking lot decisions.

Security

Parents and residents of Clearwater have expressed concerns about security. The college is working on providing escorts through AmeriCorps and other programs to escort students to and from Clearwater Hall. We are also working with Valley Transit to provide a bus stop at Clearwater to bring students to and from campus each hour. The search for better lighting between Clearwater Hall and campus is ongoing. The city police are also patrolling the campus area more this year than they did last because of parking issues. The Residence Life staff advises residents to be aware of their surroundings and not walk alone at night.

Security provides an escort for students who may not have anyone else to walk with between campus and the residence hall.

Housekeeping Issues

Both residence halls were opened without the facilities being 100% complete. The developers of each complex are working hard to complete construction. When complete each hall will have TV cable in main areas, air conditioning, microwaves, permanent internet and telephone hookups. Window coverings will be installed and grounds landscaped.

The Office of Residence Life thanks residents and their families for their patience as the first students to live in these brand new facilities.

Student Counseling Services

Free confidential, personal counseling for LCSC students. Some of the student concerns that can be addressed in counseling include, but are not limited to: stress management, test anxiety, life transitions and depression. Counseling Services are located in Reid Hall room #111, the Office of Student Life.

Important Dates for Students

Oct 2 Last day to apply for graduation (Spring 2007 - all degrees/certificates)	**Nov 10 Open registration begins (for Spring 2007)**
Oct 20 Mid-term grades due	Nov 20 - 24 Thanksgiving Break - No Classes
Nov 3 Last day to withdraw from class(es) or college for the semester	Dec 18 - 21 Final exam period
Nov 6-9 Advance registration for Spring 2007 (for currently enrolled students only)	Dec 21 Last day of Fall Semester
Nov 6 Seniors register	Dec 22 Final grades due at 4:00pm
Nov 7 Juniors register	Dec 23 Final grades posted to WarriorWeb
Nov 8 Sophomores register	Dec 25 Happy Holiday
Nov 9 Freshmen register	



A Note From the Office of Admission/Registrar

Mid-term Grades

Remind your student to check their mid-term grades. Mid-term grades are required to be submitted by faculty teaching courses numbered 199 or lower (except for KIN 160 courses) by October 20.

Students should check their mid-term grades on October 23. Take this opportunity to discuss how your student is doing in their classes this Fall term.

Registration for Spring Semester 2007

Registration for Spring Semester 2007 begins the first full week of November. Monday, Nov. 6th is reserved for seniors to register so they have the first opportunity to enroll in the final classes they need to graduate. Tuesday, the 7th is for Juniors, Wednesday, the 8th for Sophomores, and Thursday, the 9th for Freshmen.

Students registering for classes after this date will be competing for open class seats with the new-entering students for Spring term. Students will be able to view Spring 2007 classes on WarriorWeb beginning October 23. No printed Class Schedule is published; however, students can print their own copy via the link on the Registrar's website at www.lcsc.edu/registrar

Graduation Applications

Students who intend to graduate at the end of Spring 2007 should submit an

application for graduation along with their Program Evaluations and all applicable signatures no later than October 2.

The Registrar will check the student's graduate paperwork and then send them an email to their LCWarriorMail account.

Students expecting to graduate this Fall term (December 2006), should have submitted their graduation applications this past May 1, 2006.

Late graduation applications are accepted by the Registrar, however late graduation materials could result in students not enrolling in required classes during their last term of enrollment.

December Graduates

Graduation eligibility for Fall Semester will be reviewed immediately after the Winter break. Beginning January 2 students will receive an email to their LCWarriorMail account notifying them their degree has been awarded.

Potential graduates who do not receive an email by January 5 should check with their advisor. Diplomas are mailed to graduate's permanent addresses this same week.

Withdrawing from fall classes

The last day to withdraw from Fall Semester classes is November 3. Students choosing to drop courses after this date will earn an F on their transcript vs. a W

for withdrawing. F grades can result in academic and/or financial aid suspension.

Please discuss this important date with your student. Students cannot simply stop attending a class, they must complete the paperwork to formally withdraw, or an F grade will be assigned.

REMINDER

Fall break is the week of November 20-24. There are no classes for students during this week. Enjoy the holiday!

Joke of the Month!!!

What did one autumn leaf say to another ???



I'm falling for you!!!

The Health Corner

Brought to you by Student Health Services

AUGUST 2006: National Immunization Awareness Month

The Center for Disease Control and Prevention (CDC) sponsors National Immunization Awareness Month (NIAM) each August. The goal is to increase awareness about immunizations across the life span, from infants to the elderly.

August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Parents are enrolling their children in school, students are entering college and health care workers are preparing for the upcoming flu season.

Why are immunizations important?

Immunization is one of the most significant public health achievements of the 20th century. Vaccines have eradicated smallpox, eliminated wild poliovirus in the U.S. and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases. Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on the recommended vaccines, individuals can protect themselves, their families and friends and their communities from serious, life-threatening infections.

Who should be immunized?

Getting immunized is a lifelong, life-protecting community effort regardless of age, sex, race, ethnic background or country of origin. Recommended

vaccinations begin soon after birth and continue throughout life. Being aware of the vaccines that are recommended for infants, children, adolescents, adults of all ages and seniors, and making sure that we receive these immunizations, are critical to protecting ourselves and our communities from disease.

When are immunizations given?

Because children are particularly vulnerable to infection, most vaccines are given during the first five to six years of life. Other immunizations are recommended during adolescent or adult years throughout life. Vaccines against certain diseases that may be encountered when traveling outside of the U.S. are recommended for travelers to specific regions of the world.

College Students – Vaccinate!

The CDC with the American Academy of Pediatrics recommends the following vaccines. If you did not receive during your teen age years, it is highly recommended you receive the first year of college.

- Varicella (chicken pox) vaccine series (2)
- Hepatitis B vaccine series (3)
- Measles-Mumps-Rubella (MMR) series (at least one after age 4)
- Tetanus-Diphtheria vaccine (every 10 years, unless injured then 5 yrs)
- Meningococcus vaccine (Menactra)

The CDC with the Advisory Committee

on Immunization Practices (ACIP) recommends the following vaccines for those older than 18 years of age and students or other persons in an institutional setting.

- One time dose of Adacel (Tetanus, diphtheria+ PERTUSSIS)
- Seriously consider a flu vaccine every November
- Hepatitis A series (2), especially if you have a chronic illness
- Consider Human-papillomavirus series (3) for women to the age of 26
- Consider Pneumococcal polysaccharide if chronically ill (every 5 years)

For the **non-traditional college students & international students**, you may not have received some of the newer vaccines. Some may have never received vaccinations as children. Immunity can begin to fade over time and as we age, we become more susceptible to serious disease caused by common infections (e.g., flu, pneumonia).

Most of these vaccines are available through the Student Health Service located in Sam Glenn Complex #42. Immunizations are neither free nor inexpensive; you need to check your health insurance policy to see if vaccines is a covered service. For further information, call 792 2251 or send an email to Gloria at gahaegelin@lcsc.edu.

References: www.cdc.gov, www.immunize.org/acip, www.cdc.gov/nip/

STUDENT ACTIVITIES

Lewis-Clark State College can be one of the best experiences in your student's life. LCSC is committed to providing your student with the opportunity to network with other students and enjoy an enriching campus life, through the events they experience and the people they meet during their college years.

7 Ways to Encourage Your Student To Get Involved

Tell them to....

1. Start small. As your student settles into school, they'll be bombarded with new opportunities. It's tempting to sign up for every club during the first week of school. Encourage them to take it easy at first. Pick one or two activities to try out. They can always join more later—after all, they have four years!

2. Take risks. Don't stick with all the same old activities they always did in high school. Your student should stretch themselves by trying something new. Is there a sport they've always wanted to try? Join an intramural team. Have they ever wondered if they could act? Try out for a small part in a campus play. It doesn't matter if they're not a theatre major or a star athlete. Every college student knows this is the time for venturing out and trying new things.

3. Be bold. Walk into new activities confident and willing to learn. Your student won't be the only new person; any group will just be glad to have new, excited members. Your student could take a friend or roommate with them to assist with the apprehension at first meeting.

4. Do a "taste test." Drop by for a meeting. Attend a free event that's open to the public. There's no commitment, no pressure to join and there's usually free food! Look for announcements on campus bulletin boards and in the school paper. A senior art show, an intramural soccer game or the Spanish club's desert social are all chances to meet new people and learn new things. If nothing else, your student will have a fun night out and probably not spend a cent!

5. Branch out. Students shouldn't limit themselves to just on-campus

extracurricular activities. Stay in touch with the "outside world" by being active in local church activities or community volunteer organizations.

6. Go serve. Campus activities aren't limited to plays, sports and interest groups. A Christian group offers all sorts of service projects and mission opportunities. Look for something that fits your student's interests. If they want to be a teacher, then tutor local kids, if they've never been out of the U.S., try a mission's trip to a foreign country.

7. Stay balanced. Be careful. With friends, clubs and homework, students can easily over commit and burn out. Students should say no to things when their schedule is too crammed. They shouldn't feel like they are letting anyone down. They need time for themselves and time to relax and study.

Intramural and Recreational Sports

The mission of Intramural and Recreational Sports at Lewis-Clark State College is to provide recreation, encourage friendly competition and promote a healthy lifestyle for our students. We also promote leadership, teamwork, personal growth and positive educational experiences for the college and community. Intramural and Recreational Sports is student funded.

Intramural Benefits:

- Character
- Leadership
- Fun
- Health
- Sociability
- Achievement

Upcoming Events:

Dates: Intramural Sports
 Oct. 5 Badminton Tournament
 Registration
 Oct. 10 Badminton Tournament
 Oct. 11 Badminton Tourney. Continued
 Oct. 10 Basketball 3 vs. 3 Registration
 Oct. 16 Basketball League Begins

Recreational Sports

Oct. 13 Spokane Chiefs Hockey
 Oct. 26 NBA Exhibition Game

Outdoor Adventures

The Outdoor Adventures Program is a brand new service for students. Our goal is to enhance wilderness education, promote teamwork, and provide positive college experiences. We provide rental equipment for rafting and backpacking year round at a student rate. We are excited to see the program grow and encourage all students to participate.

Upcoming Events:

Dates: Outdoor Adventures
 Oct. 6-7 Stanley Hot Springs Hike

Warrior Entertainment Board

The mission of the Warrior Entertainment Board (WEB) is to provide quality entertainment to the student body and make the college experience of LCSC students more enjoyable. The Warrior Entertainment Board sponsors special events and activities for students to participate in. Events planned include concerts, movies, lectures, comedy nights, dances, magic shows, and numerous other special events. This organization seeks student input for event scheduling.

Upcoming Events:

Dates: Time: Warrior Entertainment
 Oct. 11 7 pm Comedian –
 Michael Dean Ester
 Oct. 24 7 pm Hypnotist –
 Andrew Becker
 Nov. 7 7 pm Comedian – Adam Ace

Clubs and Organizations

Participating in clubs and organizations on campus is an integral parts of the higher education experience. Through this involvement students have a chance to explore opportunities, learn and practice skills, have an impact on their environment and gain a greater sense of belonging to the campus community.

LCSC offers dozens of student clubs and organizations including: student government, the school newspaper (Pathfinder), honors groups, special interests groups, and intercultural groups. At LCSC it is easy to start new clubs or student groups.

